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**Tuesday**

MARCH 16, 2010 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**



**SIDELINED STAR**  
**Beckham will miss the World Cup** after tearing his Achilles' **16**

**NOT SO FAST**  
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**PANIC ENSUES**  
**A fake news report** about a Russian attack terrifies Georgians **9**

# COUNTED OUT

With millions of dollars in federal aid at stake, census officials battle historically weak response rates in D.C.'s neediest neighborhoods **11**





EYE OPENERS

Your Tax Pennies at Work

Aaron Zeff of Sacramento, Calif., is trying to determine how a 4-cent debt to the Internal Revenue Service led to a face-off Wednesday with federal agents at his car wash. The agents claimed Zeff owed the government 4 cents from the 2006 tax year. In four years, that 4-cent debt ballooned, accumulating penalty fees that boosted Zeff's collective IRS bill to \$202.35. (AP)

Jerky-Scented Police Cars Turn Out to Be a Bad Idea

Chattanooga, Tenn., police said Sunday that an officer who had been checking traffic speeds found a bulldog chewing on his car's tires. After the dog attacked two passing cars and a second police car, officers used pepper spray and a Taser on it, but the dog wasn't deterred. By the time it was captured, it had chewed two tires and the entire front bumper off the patrol car. (AP)

Dick Cheney Came S000 Close, Though



Jonathon "The Impaler" Sharkey wants to become America's first vampire president, announcing his intent to run in 2012 on Monday. Sharkey claims he's a direct descendent of Vlad II the Impaler. He has switched his party affiliation from Independent to Republican so he can run with the GOP. He also ran for governor of Minnesota in 2006; for U.S. Senate in 2000; and for U.S. president in 2004 and 2008. (AP)

The Big Picture



RAJESH KUMAR SINGH/AP

**A NAGA SADHU**, or naked holy man, looks on after bathing in the River Ganges during the Kumbh Mela festival in Haridwar, India, on Monday. Devout Hindus bathe in the Ganges during the months-long festival in the belief that it will cleanse them of their sins and free them from the cycle of life and rebirth. (AP)



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## Runaway Prius Claim Is Doubted

San Diego

Toyota cast doubt Monday on a California man's claim that his Prius sped out of control, saying his report is inconsistent with the findings of a preliminary investigation.

Toyota said in a statement that the accelerator pedal was tested and found to be working normally, and a back-up safety system worked properly. The company said the front brakes showed severe wear and damage, but the rear brakes and parking brake were in good condition.

The motorist, James Sikes, said his car raced to 94 mph on a freeway near San Diego last week.

"There are strong indications that the driver's account of the event is inconsistent with the findings of the preliminary analysis," the statement said.

Earlier in the day, federal regulators said they were reviewing data from the gas-electric hybrid but so far had not found anything to explain the out-of-control acceleration Sikes reported. (AP)

# Dodd Pitches Financial Overhaul

Senator proposes sweeping new rules to police Wall Street

Washington

A new Democratic Senate bill to tame the financial markets would give the U.S. government new powers to break up firms that threaten the economy, force the industry to pay for its failures and create a consumer watchdog within the Federal Reserve.

Legislation unveiled Monday by Senate Banking Committee Chairman Chris Dodd, D-Conn., falls shy of the ambitious restructuring of federal financial regulations envisioned by President Obama or contained in legislation already passed in the House.

But the bill, which includes provisions negotiated with Republicans, would still be the biggest overhaul of regulations since the 1930s. It comes 18 months after Wall Street's failures helped plunge economies around the world into a deep recession.

In its sweep, the bill would



Sen. Chris Dodd said that Americans "wonder if anyone is looking out for them."

touch all corners of the financial sector, from storefront payday lenders to the highest penthouse office suites on Wall Street.

"Americans are frustrated and angry, as we all know," Dodd said. "They've lost faith in our markets, and they wonder if anyone is looking out for them."

In announcing his bill at a news conference, Dodd stood alone, a

sign of the difficult task ahead of him in forging a bill that can pass the Senate. None of the 10 Republicans on his committee endorsed his plan. Several Democrats have voiced dismay at Dodd's decision to reject a plan for a freestanding consumer agency, an Obama regulatory centerpiece.

The bill also does not fully embrace Obama's most recent

### Key Provisions

Here's a look at some of the elements in Sen. Chris Dodd's financial regulation legislation.

- ▶ The bill would create a nine-member Financial Stability Oversight Council to monitor the financial markets for potential threats.
- ▶ It would give the Federal Reserve oversight of the largest, most interconnected U.S. firms.
- ▶ The bill would create a mechanism to shut down failing firms, with shareholders and creditors bearing most of the losses.
- ▶ The legislation would also create a consumer protection division within the Federal Reserve.

demand to reduce the size of the largest financial institutions.

Obama called Dodd's bill "a strong foundation," but signaled it fell short of his requirements.

"I will take every opportunity to work with Chairman Dodd and his colleagues to strengthen the bill and will fight against efforts to weaken it," he said.

JIM KUHNHEHN (AP)



### CLUES

**Attention, criminals:** Rubbing out your fingerprints at the scene of a crime may no longer be enough. It turns out your germs could still give you away. Scientists say the colonies of bacteria that live on people's hands are highly personal to each individual. That means forensic experts could one day use those bacteria to prove who had touched an object, researchers reported in Tuesday's edition of Proceedings of the National Academy of Sciences. (AP)

## Spring Allergies?

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# Nation



President Obama speaks about health care reform on Monday in Strongsville, Ohio.

# Obama's Pep Talk: 'We Need Courage'

Health care proposal is advanced toward a climactic House vote

### Strongsville, Ohio

With a decisive vote on his health-care overhaul possible within days, President Obama declared repeatedly Monday that "we need courage" from elected leaders to pass the far-reaching package.

Making an impassioned pitch in a part of the country where unemployment runs high, Obama said in a speech at a senior center here, "I don't know about the politics, but I know what's the right thing to do."

Nearly shouting as the crowd cheered, he added: "And so I'm calling on Congress to pass these reforms — and I'm going to sign them into law. I want some courage."

I want us to do the right thing."

Obama depicted a health-care system of rising costs and declining coverage, with millions of Americans unable to afford the premiums for high-quality care. He implored his audience to keep in mind, "There but for the grace of God go any one of us."

In Washington, the House Budget Committee voted Monday to advance the legislation toward a floor vote later this week. The panel approved a package of fixes to the overhaul by a vote of 21-16.

Democratic leaders, meanwhile, continued their efforts to pull together enough votes to push the package through the House, as Republicans vowed to keep fighting to kill the legislation and drew attention to House Democrats said to be planning to vote against it.

PETER SLEVIN AND WILLIAM BRANIGAN  
(THE WASHINGTON POST)

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# Pentagon Probes Spying Claims

Report says official ran an off-the-books operation overseas

Washington

A Defense Department official is under investigation for allegedly hiring private contractors to gather intelligence on suspected insurgents operating in Afghanistan and Pakistan, a U.S. official said Monday.

The official, who spoke on condition of anonymity to discuss the case, told The Associated Press that Michael D. Furlong directed

a defense contract to gather information about the region that could be shared with military units. After military officials suspected that he was using Defense Department money for an off-the-books spy operation, defense officials shut down that part of the contract, the official said.

The alleged operation was first reported by the New York Times in Monday's editions, quoting unidentified military and business sources as saying that Furlong, now a senior civilian employee at Lackland Air Force Base in San Antonio, hired subcontractors who had former U.S. intelligence and special



Michael Furlong's work at the Defense Department is under investigation.

forces operatives on their payrolls. The newspaper said some of the information collected by the contractors was used to track down and attack militants.

"The story makes some serious allegations and raises numerous unanswered questions that warrant further review by the department," Pentagon spokesman Bryan Whitman said Monday.

The military in mid-2008 put Furlong in charge of a program to use private companies to gather information about Afghanistan's political and tribal culture, the Times reported. ANNE FLAHERTY AND DEB RIECHMANN (AP)

DISCOVERIES



**In a surprising finding** about where higher life can thrive, NASA scientists have, for the first time, found a shrimp-like creature, above, and a jellyfish living beneath an Antarctic ice sheet. Scientists had figured nothing much more than a few microbes could exist in such harsh conditions. The creatures live in total darkness 600 feet below the ice. (AP)

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# FCC Touts Plan for Wired Nation

Agency wants 100M households to have broadband by 2020

## Washington

Communications regulators are unveiling a sweeping proposal to overhaul U.S. broadband policy. Their aim: to bring affordable, high-speed Internet connections to all Americans and make access much faster for people who already have them.

Yet it's not certain the Federal Communications Commission can find the funding, corporate support and legal clearance to carry out the entire vision of the plan.

Already, broadcasters oppose one key element of the proposal, which calls for reclaiming some airwaves now in the hands of TV stations and instead selling those



An employee of Schupp's Line Construction works on fiber-optic cable in Norton, Vt.

frequencies to companies that deliver wireless Internet access. And the FCC hopes to modernize the federal program that subsidizes telephone service in poor and rural areas — something that Congress and federal regulators have been trying to do for years.

The FCC plan, mandated by last year's stimulus bill and being delivered to Congress on Tuesday, lays

out an ambitious vision for wiring the entire country with broadband. The proposal sets a goal of connecting 100 million U.S. households to broadband connections of 100 megabits per second by 2020.

The plan reflects the Obama administration's position that high-speed Internet access is no longer just a luxury, but critical for the economy. **JOELLE TESSLER (AP)**

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The National Institute of Mental Health is conducting a study of mild stress and memory. Participants will be interviewed and will complete a series of tasks during which physiological functioning will be recorded. Volunteers must:

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## In Brief



A U.S. military official, right, hands a symbolic prison key to an Iraqi minister.

## TAJI, IRAQ

## U.S. Relinquishes Prison

The U.S. military handed over control of a prison holding about 2,900 detainees to Iraqi authorities on Monday as the Americans move ahead with preparations for a full withdrawal by the end of 2011. Taji was the second prison to be relinquished by the U.S. as it moves to release thousands of detainees or transfer them to Iraqi custody before the end of 2010 according to an agreement. (AP)

## MOSCOW

## U.N. Criticizes Russia's Olympic Construction

The top U.N. environmental watchdog has criticized Russia in a report to be released Tuesday for ignoring the effects that several construction projects for the 2014 Winter Olympics in Sochi will have on the region's unique wildlife. The Sochi games are a pet project of Russian Prime Minister Vladimir Putin. (AP)

# Drug War Cripples Mexican City

As violence mounts, remaining residents reel from recession

## Cuidad Juarez, Mexico

Mexican officials in the violence-racked border city of Ciudad Juarez are working hard to determine a motive for this weekend's brazen drive-by shootings of a U.S. consulate employee, her American husband, and a Mexican citizen affiliated with the consulate.

So far, there's been no official word on whether the Mexico killings of these U.S. government workers was a targeted attack by drug traffickers or a random act of violence. The Associated Press reported Monday that U.S. officials suspected the Aztecas street gang, which is aligned with the murderous Juarez drug cartel, of orchestrating at



Crosses that say "Not even one more" represent victims of violence in Ciudad Juarez.

least one of the two attacks.

But one thing's for sure: The killings are a serious blow to a city besieged by a brutal drug war and now reeling from the U.S. downturn and an exodus of residents and businesses.

A lack of American demand for the goods Ciudad Juarez produces has been the main culprit for the loss of scores of jobs in this industrial hub since the recession hit. But while Juarez is usually the first place in Mexico to feel the economic

## 100K

The number of jobs that have been lost in Ciudad Juarez, Mexico, since the recession, according to the business group Coparmex.

impact of U.S. woes, it is also typically the first to bounce back.

The city's recovery has stalled because of violence, says Carlos Chavira, the president of the local business group Coparmex, particularly because of lost investments in the industries of information technology, automobiles, and electronics. That represents about \$450 million.

"It's the first time in the history of the city that the recovery did not happen as usual," he says, "and that is due to public security issues." SARA MILLER LLANA (CHRISTIAN SCIENCE MONITOR)

## Afghan Government Held Secret Talks With the Taliban's No. 2

## Kabul

The Afghan government was holding secret talks with the Taliban's No. 2 when he was captured in Pakistan, and the arrest infuriated President Hamid Karzai, according to one of Karzai's advisers.

The detention of Mullah Abdul

Ghani Baradar — second in the Taliban only to one-eyed Mullah Mohammed Omar — has raised new questions about whether the U.S. is willing to back peace discussions with leaders who harbored the terrorists behind the Sept. 11 attacks.

Karzai "was very angry" when

he heard that the Pakistanis had picked up Baradar with help from U.S. intelligence, the adviser said. Besides the ongoing talks, he said Baradar had "given a green light" to participating in a three-day peace jirga that Karzai is hosting next month.

The adviser, who had knowl-

edge of the peace talks, spoke on condition of anonymity because of their sensitivity.

Other Afghan officials, including Abdul Ali Shamsi, security adviser to the governor of Helmand province, also confirmed talks between Baradar and the Afghan government. (AP)

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# World



HO/AFP/GETTY IMAGES

A fake newscast that was broadcast Saturday shows Russian tanks invading Georgia.

## Georgians Irate Over Fake Report

Opposition blames government for hoax that sparked panic

### Tbilisi, Georgia

Georgia's opposition politicians on Monday denounced the government over a hoax television broadcast that said Russia had invaded and the president had been killed.

The broadcast Saturday, which simulated a news program, sparked wide anxiety in Georgia, which is still traumatized by the August 2008 war in which Russian troops advanced deep into the country.

Cellular phone networks went down as panicked Georgians phoned each other. The show was identified as fictional only at its beginning and its end 30 minutes later.

Imedi, the station that aired the show, is private, but its director is a former chief of staff for Presi-

### Historic Parallel

The fake broadcast in Georgia has been compared to the 1938 "War of the Worlds" radio hoax in the U.S., which sparked fears of an alien invasion. "It took us awhile to realize it was a hoax," one Georgian told Bloomberg News Monday. "People were running around, trying to get their children ready to go into bomb shelters and worrying about their loved ones." (EXPRESS)

dent Mikhail Saakashvili. Opponents characterized the broadcast as government propaganda, aimed at discrediting them.

The main opposition, the Democratic Movement for a United Georgia, said in a statement that "the leadership of Georgia has shown its goal of preserving its power by creating a virtual reality in the country through information terror."

MISHA DZHINDZHIKHASHVILI (AP)

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World

U.S.: Israel Must Yield

Americans demand that Jerusalem cancel disputed housing plan

Jerusalem

The Obama administration is demanding that Israel call off a contentious building project in east Jerusalem and make a public gesture toward the Palestinians to help defuse one of the worst U.S.-Israeli feuds in memory, officials on both sides said Monday.

But Prime Minister Benjamin Netanyahu showed little sign of yielding, saying Jewish construction in east Jerusalem "in no way" hurts Palestinians. A Jerusalem city spokesman suggested Jewish building there would continue.

Announcement of the plan to



Israeli police patrol outside a synagogue that was rededicated on Monday.

build 1,600 apartments for Jews in the Ramot Shlomo neighborhood came during Vice President Joe Biden's visit last week, embarrassing him and the Obama administration, angering Palestinians and endangering the start of indirect peace negotiations that are to be mediated by a U.S. envoy.

Adding to tensions was a cer-

emony Monday in the walled Old City in east Jerusalem, where Jews rededicated an ancient synagogue destroyed after the war that fol-

**"The building of those Jewish neighborhoods in no way hurt the Arabs of east Jerusalem."**

— BENJAMIN NETANYAHU, ISRAELI PM, DEFENDING 40 YEARS OF ISRAELI CONSTRUCTION IN EAST JERUSALEM MONDAY.

lowed Israel's creation in 1948. Israeli police sent in reinforcements to prevent riots. The synagogue is in the Jewish Quarter, but Palestinians still saw the celebration as an affront.

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# A Tale of Two Censuses

Response rates expose a vast divide between neighborhoods just miles apart

## Washington

The gulf that separates Woodland Terrace in Southeast Washington from Burke Centre in Fairfax County can be gauged by income levels, unemployment and poverty rates. Over the next few weeks, another telling measure will be volume of mail as residents return thousands of census forms being delivered this week.

The two areas, just 25 miles apart, have had starkly different responses to the census in the past. In the 2000 census, for example, more than five out of six Burke Centre households promptly mailed in their forms. In the census tract in which Woodland Terrace is situated, barely one in three initially responded.

As the 2010 census lands in 120 million mailboxes this week, officials are making a final push for people to complete the questionnaires. With many communities hit hard by the recession and more than \$400 billion in federal aid at stake, making sure residents are counted matters more than ever to budget-strapped local officials.

In Burke Centre, a planned community of 5,800 houses, many residents are either civil servants or connected to the military. They consider the census a civic responsibility.

"It's the right thing to do," said Lisa McCormick, 35, who grew up there and recently moved back with her family. "If you get counted, you help your local government get funding."

Census officials say they are more worried about neighborhoods considered hard to count, such as Woodland Terrace, which comprises more than 400 city-owned units, many in need of painting. About half the area's residents live below the poverty line, census figures show, and more than 1,200 of the 2,200 people living



Census worker Philip Pannell patrols a grocery store in Southeast D.C., encouraging residents to return their census forms.

## Common Census Questions

### Q How will census results be used?

The primary purpose of the census is to determine the apportioning of seats in the U.S. House of Representatives. The U.S. government will also use the census to determine how to divvy up \$400 billion in annual federal funds for programs such as Medicaid.

### Q Will the census count noncitizens?

Yes, U.S. law requires a count of all "persons" and "inhabitants" — without specifying whether they are citizens or noncitizens, legal or illegal.

### Q Am I required to fill out the form?

Yes, every resident is required by law to fill out the form — a fact that is noted on

the mailing envelope. Only in rare cases, however, has the government prosecuted people for not complying.

### Q Who gets to look at the information I give?

By law, the Census Bureau cannot give the data to any government agency. All census takers are checked by the FBI, and they take an oath to never reveal personally identifiable information. The penalty for violating the oath is five years in prison and a fine of up to \$250,000. After the forms are processed, they go into a locked vault for 72 years.

### Q Will a census taker come to my home?

Only if you have not mailed back the form. (CHRISTIAN SCIENCE MONITOR)

## PAPER ONLY

Don't go looking on the Internet for a place to submit your information to the government. Census officials in 2008 determined that submitting census data through the Internet posed too large a risk for security breaches. The Census Bureau is testing Web options for 2020, but for now, information must be provided on official forms and mailed or submitted to a census taker. (AP)



in the census tract were receiving food stamps.

D.C. Council member Michael Brown, I-At Large, the council's census liaison, said myths about the census are widely held in the District, where just 60 percent responded to the 2000 census. People fear giving information to the census will bring authorities to their doors over unpaid parking tickets, or for having too many people living in a house, or calls from telemarketers. None is true.

When activist Philip Pannell, a

**"To some people, just asking them to write in their name and birth date ... they're going to ask, 'What do you want my name for? Who are you?'"**

— **DARRELL GASTON**, AN ADVISORY NEIGHBORHOOD COMMISSIONER WHO HOPES 50 PERCENT OF WOODLAND TERRACE RESIDENTS FILL OUT THE CENSUS FORM.

temporary census employee, canvasses Ward 8 talking up the census, he often has to explain what it is and how much federal money is at stake — money that could be spent improving the community. After he finishes his spiel, he dispenses T-shirts and reusable grocery bags with "Census 2010" written on them.

In front of a grocery store, employee Larry Hawkins, 51, approached Pannell last week.

"What's in it for me?" Hawkins asked. "If I can't get a job or money, I don't sign anything."

Pannell handed him a T-shirt and told him the entire community benefits: "You need services, like hospitals," he said. "You've got to be counted." **CAROL MORELLO** (THE WASHINGTON POST)



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# Local

Water surrounds the house at Lock 7 of the C&O Canal in Glen Echo, Md., after rain caused the canal and the Potomac to flood.

# Snow, Rain, Then Floods

## Potomac overflows banks, causes minor scare in Georgetown

### Washington

The snow fell, then the rain came down, and the river rose, overflowing its banks and threatening everything within its reach.

But there wasn't a great deal within that reach on Monday, so only the flood-prone areas along the Potomac flooded, and two days of rainfall on soil soggy from melt-

ing snow caused small ponds to form all over where roads dipped most deeply.

This is a natural consequence of an early wet spring weekend growling at the heels of a cold, record snowy winter.

"We're experiencing typical nuisance flooding," said Richard Baier, director of Transportation and Environment for Alexandria. "It's a little more than our normal, but usually once or twice a month we have minor flooding at the foot of King Street."

The Potomac was over its banks

in Georgetown, too, and the swank business district got a brief scare Monday afternoon when a canal gate five miles upstream threatened to give way.

When the river is rambunctious, the National Park Service closes Lock Number 5, which normally allows Potomac water to flow into the Chesapeake and Ohio Canal.

"The river crested around noon at Little Fall, and we expect it will be below flood stage by [Tuesday] morning," said Bill Spinrad of the Park Service. **NICOLE NORFLEET** (THE WASHINGTON POST)

**SCHEDULES**

**The D.C. Circulator** will resume service on March 27, a week sooner than planned. The bus service, which loops around the National Mall, was suspended in the fall for six months to save the city about \$140,000. The bright-red Circulator buses run on a 10-minute schedule. The service, which costs \$1, was set to resume April 3, a week after the National Cherry Blossom Festival starts. The Circulator will now resume operations the day the festival begins. (AP)

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# Local

## In Brief

### ROCKVILLE, MD.

#### Leggett Proposes Cuts For Montgomery County

Montgomery County Executive Isiah Leggett is calling for a reduction in government spending for the first time in more than 40 years. Leggett proposed a \$4.3 billion budget Monday. It calls for cuts across the government, including libraries and other services. The plan also gives schools \$137 million less than required by the state. (AP)



The water taxi ride from Alexandria to Nationals Park takes about 40 minutes.

### WASHINGTON

#### Water Taxis Available For Trips to Nats Park

Want to avoid the traffic at Nationals ballgames? Try the water taxi. For the second season, water taxis operated by Potomac Riverboat Co. will take baseball fans from Alexandria to Nationals Park. Willem Polak, company owner, says the 35- to 40-minute ride will get fans within about 100 yards of the stadium. The boat leaves 20 minutes after the last pitch of a game. This year, the boat rides will be available for at least 50 games, including Opening Day on April 5. Tickets are \$12 one way or \$20 round-trip. (AP)

## The Lotteries

### Monday, March 15

#### District

Mid-day Lucky Numbers ..... 4-6-3  
Evening Lucky Numbers (Sun.) ..... 9-2-1  
Mid-day DC 4 ..... 9-1-0-2  
Evening DC 4 (Sun.) ..... 5-1-1-2  
Mid-day D.C. Five ..... 1-8-0-6-5  
Evening D.C. Five (Sun.) ..... 4-3-9-6-2  
Daily 6 (Sun.) ..... 1-16-31-32-35-39 (38)

#### Virginia

Mid-day Pick 3 ..... 9-3-4  
Evening Pick 3 (Sun.) ..... 4-5-7  
Mid-day Pick 4 ..... 0-5-3-4  
Evening Pick 4 (Sun.) ..... 1-0-2-5  
Mid-day Cash 5 (Sun.) ..... 2-6-9-14-22  
Evening Cash 5 (Sun.) ..... 1-5-14-24-34

#### Maryland

Mid-day Pick 3 ..... 7-8-8  
Evening Pick 3 (Sun.) ..... 1-7-1  
Mid-day Pick 4 ..... 0-6-0-7  
Evening Pick 4 (Sun.) ..... 3-2-3-4  
Match 5 (Sun.) ..... 4-11-13-14-18 (9)

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

## Anxious and Depressed? Consider participation in a research study

If you (or someone you know) have been diagnosed with major depression and have anxiety symptoms, you may be able to participate in an NIMH research study that seeks to decrease symptoms of depression and understand the causes of anxious depression. Anxiety symptoms may include tension, worry, apprehension, restlessness, or loss of appetite.

This study evaluates the effectiveness and safety of the study drug AZD2327, in the treatment of major depression and anxiety symptoms. This drug has a different mechanism of action from commonly used SSRI's (selective serotonin reuptake inhibitors) for anxiety and depression. *There is the chance of receiving placebo in this study.*

After study completion, NIMH will provide short-term follow-up care, and then you will return to the care of your own provider.

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- ♦ Be able to participate in a 12 week-outpatient study including an inpatient stay of 4 days in Bethesda, MD.

In addition, all research participation is without cost.

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Protocol # 08-M-0196

## We are looking for volunteers with overactive bladder (OAB) to complete a research study

The research study will involve three study visits to our Bethesda office and will require you to complete a 3-day bladder diary three times over the course of 4 weeks. No medication is included in this study.

Participants may receive up to \$250 for their time.

For more information about this study, please call United BioSource Corporation at 1-877-954-4252 and ask for study 9036.

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# Pain Reliever Found to ELIMINATE PAIN with Continued Use

## Patients ELIMINATE Chronic Osteoarthritis Pain By The End Of Breakthrough Clinical Trial

### Immediate, Effective Pain Relief

A clinical trial evaluating the pain relieving effectiveness of *JointFlex* Pain Relieving Cream produced some dramatic and unexpected results.

The clinical study clearly showed that the users of *JointFlex* experienced substantial and immediate pain relief. The study confirmed what satisfied *JointFlex* customers around the world already know...*JointFlex* helps you achieve a better quality of life because of its powerful and immediate pain relieving action.

Carol Johnson says this about *JointFlex* "JointFlex is an 'Instant Gratification' product. No waiting, relief begins immediately and my husband and I get on with a marvelous, pain-free day. We have tried many products over the years but nothing begins to measure up to JointFlex. It is wonderful having a cream that works so effectively, so quickly and can be trusted to do the job. Thanks JointFlex ... we love you!"\*\*

### Long Term IMPROVING Pain Relief

The users of *JointFlex* also experienced a totally unexpected and dramatic result. With continued use, a majority obtained long-term pain relief that continued to improve throughout the entire eight week study.

Flo Carvalho wrote this about JointFlex, "Let me tell you how wonderful your JointFlex is. I have tried almost everything on the market. This is the best. I am so happy. This is my second tube because I am so full of arthritis and its awful - wrist, elbows, knees - you name it, I got it. Thank you from the bottom of my heart. What a difference it has made in my life."\*\*

### OsteoArthritis Pain ELIMINATED!

Even more amazing, one-third of the *JointFlex* users had their pain gradually decrease to the point where it was completely or nearly completely eliminated. By using *JointFlex* daily, you too may be able to substantially reduce or eliminate that chronic arthritis pain that's been nagging you for years.

Sally Wright had daily pain in her upper back. "In pursuit of diagnosis and relief, I tried (numerous treatments) including physical therapy. I could not enjoy any of my regular activities such as tennis or bridge. I began applying JointFlex on my back and knee twice a day. Within a week, I was feeling much better. Within two weeks, I was completely pain free, and now use the product only once a day." \*\*

The gradual and continual improvement in long-term pain relief observed in the *JointFlex* clinical study was found to be consistent with previous studies conducted with orally administered Glucosamine and Chondroitin Sulfate. *JointFlex* will be further studied to determine the mechanism of the dramatic results and to verify that they are not due to random chance alone. Highlights of the study are available by calling the toll free number or can be viewed online at [www.jointflex.com](http://www.jointflex.com)

### A Revolutionary Product to Help ELIMINATE PAIN

*JointFlex* is a non-prescription pain relieving cream that is available in drug stores and supercenters everywhere. The *JointFlex* formula utilizes exclusive FUSOME Skin Delivery Technology and contains Camphor plus Glucosamine and Chondroitin Sulfate for skin conditioning. This technology enables the beneficial ingredients to be delivered quickly and safely to your skin. *JointFlex* is applied directly to painful areas and can be used daily since, unlike other pain relief creams, there is no burning sensation, no lingering medicine smell and no greasy residue.

**Which Symptoms Do You Want to Relieve?**

* Arthritis Pain	* Neck Pain
* Simple Backache	* Shoulder Pain
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* Tendonitis	* Cramps
* Bruises	* Muscle Strains

### Amazing Pain Relief or Your Money Back

*JointFlex* is SO effective, its pain relief performance is guaranteed. That's right, if you're not completely amazed with the level of pain relief you receive from *JointFlex*, you'll get your money back. No questions asked!

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## Swengali

## Jayhawks Should Rock in Big Dance

Everywhere you turn, there's a college basketball expert saying there's no powerhouse in this year's NCAA tournament.

The field, they say, is wide open.

I'd agree with them except for the small detail that their whole argument is madness.

Let's start with Kansas. The Jayhawks have been atop The Associated Press' poll for the bulk of the season. They've lost only two games and beaten one of this year's No. 2 seeds — Kansas State — three times. If that's not a powerhouse, what is?

Kentucky has a pretty good claim as well. New coach John Calipari and freshman John Wall have injected new life into the Wildcats, who also lost only two games and won the SEC's regular-season and tournament titles.

From this seat, Syracuse and West Virginia appear to be the only other true championship contenders.

Locally, Georgetown seems to



The Kansas Jayhawk has had plenty to cheer about in the basketball season.

have a clear path to the Sweet 16, and Maryland could join the Hoyas there, assuming the trip to Spokane doesn't wear out the Terps.

Both area hopefuls are like most of the field: pretty good and not great, which is probably what those so-called experts mean when dismissing this group of 65.

But just because North Carolina, Connecticut, UCLA and Arizona aren't dancing, don't discount the powers we have.

And, for the record, Kansas will be cutting down the nets, confirming it was the best there was all year.

To reach Matt Swenson, e-mail [matt.swenson@readexpress.com](mailto:matt.swenson@readexpress.com)

## Ovie Suspended for Hit

NHL hands down two-game penalty on Caps' superstar

## The Capitals

Two-time MVP Alex Ovechkin was suspended Monday for the Washington Capitals' next two games because of a reckless hit.

The forward drove Chicago's Brian Campbell into the boards in the first period Sunday and received a major penalty and a game misconduct. With the league's leading scorer kicked out of the game, the Capitals later came back from a 3-0 third-period deficit to win 4-3 in overtime.

"We have no problem with the way Alex tried to finish his check," Capitals GM George McPhee said in a statement. "Unfortunately, an injury resulted. We are disappointed with the suspension but do not want to comment further."

Because he also was suspended for two games earlier this season, Ovechkin is now considered a repeat offender under the collective bargaining agreement. He'll forfeit more than \$232,000 in salary based on the number of games in the season instead of the number of days.

Ovechkin was suspended for two games Dec. 1 for a knee-to-



Alex Ovechkin looks at Chicago's Brian Campbell after delivering a big hit Sunday.

knee hit on Carolina defenseman Tim Gleason.

Ovechkin will miss games Tuesday at Florida and Thursday at Carolina. He can return Saturday at Tampa Bay.

Campbell stayed down for sev-

eral minutes before he was able to leave the ice with a trainer at his side and then headed to the locker room. He did not return to the game. Some reports say Campbell will not return for the rest of the season. (AP)

## washingtonpost.com

The women's NCAA tournament field was announced after Express' deadline on Monday night. For capsules of every team and analysis of the bracket, visit [washingtonpost.com](http://washingtonpost.com). Express will publish the bracket Wednesday.

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# Painful Loss for the World Cup

Beckham's injury will keep superstar out of premier event

Soccer

Unless David Beckham can mend it as well as he can bend it, soccer's now-limping glamour boy will miss this summer's World Cup — a blow to tournament organizers, sponsors, TV viewers and average fans. Beckham underwent surgery Monday for a "totally torn" left Achilles' tendon and is expected to be out of action for about six months, said Dr. Sakari Orava,

who performed the operation. The 34-year-old midfielder was injured Sunday while playing for Italian club AC Milan. "He will have to take it very easy during the next two to three weeks or a month, and then he will continue with a recuperation program slowly," Orava told The Associated Press. "The foot won't take much strain for two to three months." Beckham's spokesman, Simon Oliveira, said the tendon was completely repaired, and he expected Beckham to return to the game, perhaps with AC Milan or the L.A. Galaxy.



David Beckham tore his Achilles' tendon late in a match on Sunday night.

That means Beckham won't be bending free kicks or curling pinpoint passes at the World Cup that

begins June 11 in South Africa — what he had hoped would be his fourth appearance for England at the tournament. But most experts expect that Becks will eventually be back. He has such a giant personality that his legacy may even grow stronger. "While it's a horrible setback for the man — everybody knows how much he would have loved to be at the World Cup — his future is as bright as it's ever been because of the kind of following he's built up in the last decade," celebrity publicist Max Clifford told The Associated Press. **STEPHEN WILSON (AP)**

TV Lineup

**CAPITALS (7 P.M., CSN)** The Caps may be without Alex Ovechkin when they take on the Florida Panthers. **WIZARDS (9 P.M., CSN+)** The Wizards continue their road trip against the Denver Nuggets. **NCAA HOOPS (7:30 P.M., ESPN)** Arkansas-Pine Bluff and Winthrop tip off the Madness in the play-in game. **NIT HOOPS (7 P.M., 9 P.M., 11 P.M., ESPN2; 9:30 P.M., ESPN)** Connecticut hosts Northeastern, Seton Hall takes on Texas Tech, Jacksonville visits Arizona State, and William & Mary challenges North Carolina. **SOCCER (2:30 P.M., CSN)** Chelsea hosts Inter Milan in the Champions League.

## AN ETERNAL FORM

Images of the Katsura Imperial Villa in Kyoto  
By Ishimoto Yasuhiro

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Known as one of the most influential figures in postwar Japanese photography, Ishimoto's iconic images of the Katsura Imperial Villa are among his most celebrated works. This exhibit of 50 photographs captures his attempt to liberate tradition through a contemporary viewpoint.

Plus, don't miss this chance to explore Ippakutei, an authentic Japanese tea house located on the grounds of the Embassy of Japan featuring a room inspired by the Katsura's own tea house!

The JICC is delighted to host this exhibition as part of JAPAN: Nature and Culture for the Future, a special project by the Japan Foundation focusing on how Japanese aesthetic values and ways of life can contribute to the harmony between man and nature. For more info, please visit the Japan Foundation's website: [www.jpff.go.jp/e/culture/new/us2010/index.html](http://www.jpff.go.jp/e/culture/new/us2010/index.html).

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If you end the summer sneezing, coughing, and congested, you may have ragweed allergies – also known as hay fever. And even though ragweed season is months away, now may be the best time to prepare for it. That's why we're currently enrolling the Ragweed Allergy Study, a clinical research study of an investigational oral drug designed to do more than just treat your allergy symptoms – it may also help reduce your reaction to ragweed by building up your body's immunity to it.

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**Dr Candice Alfano**  
At 202-476-5290

Or send email to: [calfano@cnmc.org](mailto:calfano@cnmc.org)



NIH grant #MH081188. This study is approved by the Children's Institutional Review Board.

## Depression in Children

Is Different from Adult Depression

Signs of depression in children can include irritability, anger, sadness, changes in sleeping habits, and difficulty in school.

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# Wizards' Arenas: 'I Deserve to Be Punished'

Suspended star tells Esquire he damaged Abe Pollin's legacy

The Wizards

Gilbert Arenas says he deserves to be punished for bringing guns to the locker room.

The suspended Washington Wizards guard told Esquire magazine that he wasn't using "longevity thinking" when he took out four guns in what he says was an attempt to play a prank on teammate Javaris Crittenton in December.

Arenas pleaded guilty to a felony gun charge in January and



Gilbert Arenas was apologetic to the Wizards in an interview with Esquire magazine.

will be sentenced next week. The NBA suspended him until the end of the season.

In the Esquire interview, which hits newsstands next week and was obtained by The Associated Press

in advance, Arenas says he has "messed up" the legacy of the late-Wizards owner Abe Pollin.

"I have a painting of him in my garage. I just walk by it with my head down," Arenas said. "I called Mrs. Pollin and said, 'If Abe was still with us, I would've had to talk to him, so I'm gonna give you the same respect. I want to say sorry to you. I deserve to be punished. I'll do everything it takes to get back your husband's respect.'"

Arenas told The AP this month that he would have "no problems" playing for the Wizards again. Last week, he submitted paperwork to change his jersey from No. 0 to No. 6 next season. (AP)

TECHNOLOGY

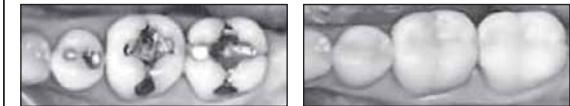


**The Masters** will be broadcast in 3-D — although few Americans own the technology to take advantage of it. Augusta National announced Monday next month's tournament can be viewed on 3-D-capable TVs and computers. It will be the first 3-D sports event on TV in the U.S.; previous experiments used movie theaters. (AP)

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AD BONE MARROW 03/07



# fit



## Guinea Pig | Fancy Pants

You could hold power positions like the one pictured to develop a taut yoga body, or you could just slip into Lucy's Perfect Core Pant (also pictured, \$98, Lucy.com). The garment boasts xBAR technology, which basically means that mesh panels along the lower back and abs remind you to keep your center engaged as you dive into vinyasa class. But more importantly, the fabric also shapes the bum and lower-tummy area without making you feel like a sausage.

## Body Talk



ISTOCK

## Good for Green

**Talk about the luck** of the Irish. Just a week before St. Patrick's Day, the Archives of Internal Medicine published a study showing that women who are moderate drinkers are 30 percent less likely to gain weight than teetotalers.

The researchers — who are, perhaps not so coincidentally, based in



By Vicky Hallett

Boston — warn that this doesn't mean downing alcohol is a smart way to lose weight. But it does seem to indicate that two beers, green or otherwise, are totally

allowed tomorrow.

So, maybe St. Patrick's Day isn't as unhealthy a holiday as it's usually made out to be. Bar crawls aren't so bad for you as long as they're more focused on the chugging along than the chugging. Dancing can be a real calorie burner. And the classic dish of bangers and mash can be made not-so-naughty with a few ingredient tweaks. (Seriously! See the recipe on Page 21.)

Best of all, if you run up a bar tab at a pub tomorrow, you can bring it to any location of Washington Sports Clubs (Mysportsclubs.com) on Thursday and you'll get a free day pass worth \$25. That's better than any four-leaf clover.



LAWRENCE LUK

Tanya Colucci does side-to-side lunges combined with arm rows. Explosive moves are key for an effective MDT workout.

# A Burning Secret

## Structure a routine that'll boost your metabolism long after your workout

### Exercise

The formula everyone always hears about weight loss is "calories in, calories out" — burn more calories than the number you consume, and you'll slim down. That's why you'll see folks carefully scrutinizing the digital displays of their elliptical machines to determine exactly how much they've accomplished over the past hour.

But for a better figure, you should be thinking about another figure: How many calories are you burning

after you hit the showers?

Tanya Colucci, the wellness director at Adams Morgan's Mint Fitness (1724 California St. NW; 202-328-6468; Mintconditionyourself.com), has a way to keep torching through calories even the next day. "Get your muscular system to do as much as possible in a short period of time," she says.

The method, called Metabolic Density Training (MDT), takes two forms. You can pick a couple of exercises — say, deadlifts and stability ball push-ups — and perform each for a minute, constantly switching back and forth with minimal rest for as long as you can manage. Or, you can string together a series of total-body exercises that require explosive power in addition to strength.

### Mixed Media

## Here's the Skinny

Jade and Keoni Teta explain more about elevating your metabolism in their book, "The



New Me Diet: Eat More, Work Out Less, and Actually Lose Weight While You Rest" (\$25.99). Available March 23,

the guide offers info on effective exercising, and other tips for constant calorie burning, including making sure you eat (the right stuff) every few hours and get enough sleep.

(For example, a single-arm dumbbell split snatch: Start in a squat holding the weight down in one hand, then jump into a lunge while lifting the weight above your head.) With those, you go for a certain number of reps rather than time, and once you get through the grueling routine, you do it again and again.

This structure may sound similar to circuit training, but the difference with MDT is the intensity. Instead of using moderate weights and getting an aerobic effect, you're relying on heavy weights to achieve an anaerobic one. That means you can't keep it up for nearly as long — 20-30 minutes at most — and you're burning more calories both during the workout and beyond.

Every bout of strenuous physical activity creates some sort of after-burn effect — the technical term is excess post-exercise oxygen consumption (or EPOC). "The more intense the exercise is, the longer it takes the body to come down to a resting state," she explains.

Nothing is more intense than MDT, which is why it's certainly not for everyone. Colucci introduces only her most advanced clients to the technique. "If you hate sprinting all out, it's that feeling the majority of the workout," she says.

Given what you can accomplish in such a short period of time, though, Colucci's found that it's ideal for people with busy schedules looking to "kick it up a notch" — including her. She's just launched group MDT class at Mint, but if you're not a member, you can take a look at a sample workout on her site (look for "Metabolic Density Training" on Tanyacolucci.wordpress.com). You can also find similar sorts of routines at Crossfit.com.

However you do it, just be sure to end with a cooldown. It's the calories you want to keep burning for days, not your muscles.

VICKY HALLETT (EXPRESS)

To reach Vicky Hallett, e-mail vicky.hallett@readexpress.com



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The study is testing an investigational anti-inflammatory drug and is aimed at finding better treatment options for people with Crohn's.

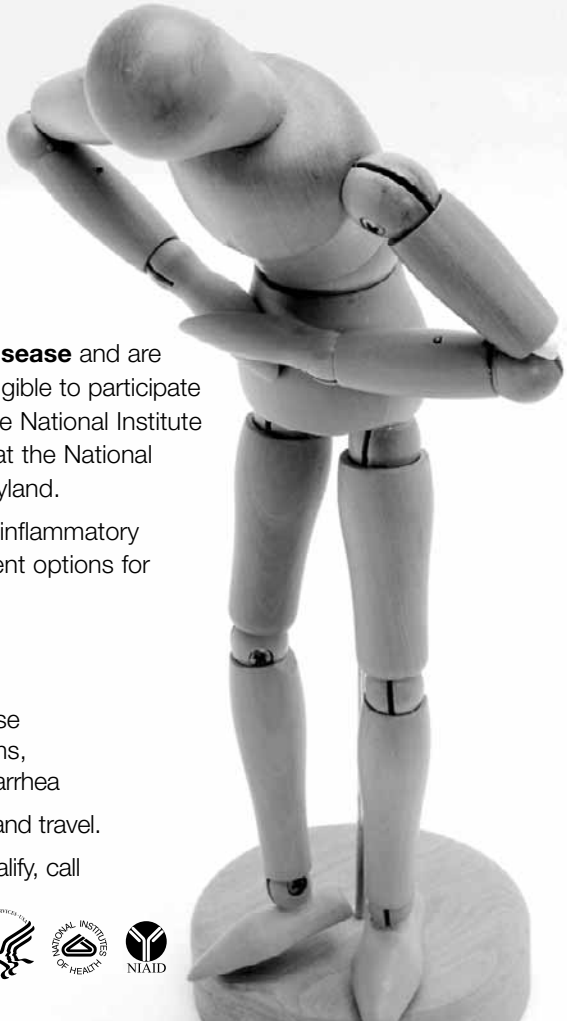
**You may be eligible if you:**


- are between the ages of 18 and 75
- have been diagnosed with Crohn's disease
- are experiencing active Crohn's symptoms, such as cramping, abdominal pain and diarrhea

Participants may be compensated for time and travel.

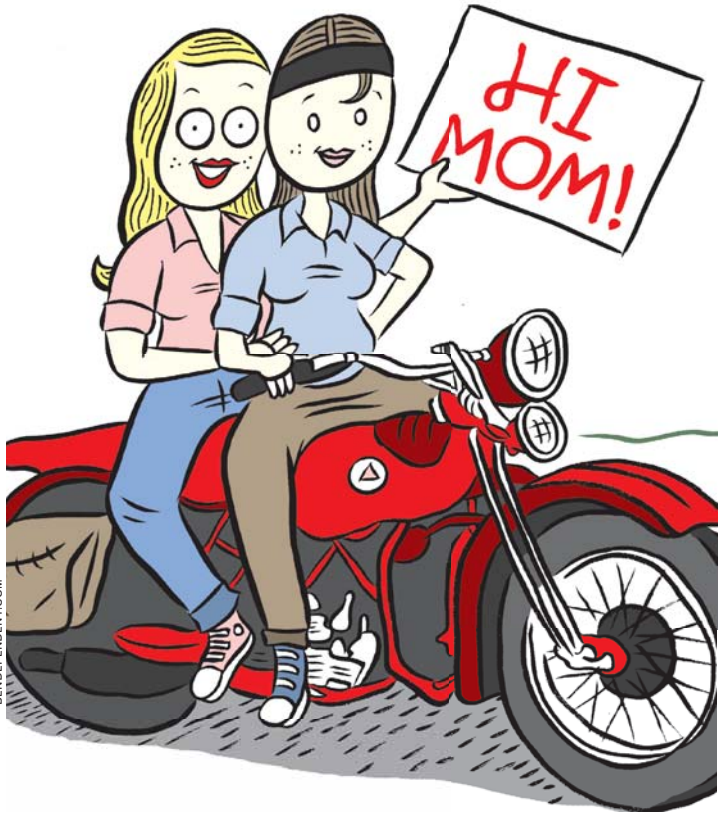
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**baggagecheck**



**Bi the Way, Mom and Dad ...**

**Q** I'm a straight female who grew up with conservative parents. I have always liked and dated men, but since my teens, I have harbored a secret desire to rebel and date a woman. I have gay friends and have found myself attracted to some, so could this mean I'm ready to tell my parents that I might be bisexual?

**NO NAME, PLEASE**

Let me get this straight — and no, that pun was not intended. You claim that you're questioning your sexuality, but your most important concern is when you get to go detailing it all to your parents. And you identify yourself right off the bat as "straight," only to mention the idea of dating a woman as being connected with

"rebellious." What are you really after here?

If you are attracted to someone — man or woman — and you want to act on it, by all means: Experience it, try it, soak it in, see how it feels. But let it be about you, not your conservative parents. You may very well have feelings toward women, and you should go about exploring them if it's something that feels right to you. But having a long-standing urge to rebel and being eager to spring something on your folks is an altogether different concept. The way you'll find fulfillment is to follow your truest desires to connect emotionally and romantically, not to scratch some itch of wanting your mother to clutch her pearls.



**By Dr. Andrea Bonior**



Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.

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ISTOCK

Ditch the doughnut and pick up a whole-wheat English muffin with peanut butter.

# Curb Cravings With Six Tricks

Put an end to your nonstop noshing by remembering to eat only when hungry

## Dieting

Always got the munchies even when you're not hungry? Here's how to stop a craving from blowing your get-thin diet plan.

### Banish hunger

"Skipping meals sets you up for intense cravings," says Susan Kraus, a nutritionist at Hackensack University Medical Center. Eating regular meals of complex carbs — not refined ones such as white bread and pasta — with protein and a small amount of healthy fat will keep your blood sugar steady and keep you feeling satisfied. Snacks with staying power: low-fat yogurt and granola, or half a whole-wheat English muffin spread with natural peanut butter.

### Identify triggers

Keep a food log for a week, recording your moods, what stresses you out and how hungry you feel before eating. Once you've identified what drives you to raid your candy stash, you can react productively instead of by eating half a pound of chocolate.

### Wait it out

You're most susceptible to your brain's demands during the 20 minutes after a stressful episode — the amount of time it takes for serotonin to bounce back and stress hormones to fall. If you can resist a temptation for just that long, the urge will probably fade.

### Drink something

The hypothalamus, your brain's control center for mood- and food-related signals, detects thirst as well as hunger. Gulp a glass of water or hot tea (make it decaf — caffeine can trigger the release of stress chemicals) and see whether the craving passes.

### Blow it off

If you absolutely need an oral fix, reach for sugar-free gum. Researchers in Australia measured the levels of cortisol in the saliva of study subjects and found that, on average, gum chewers had 16 percent less of the stress hormone than non-chewers and responded better to stressful situations.

### See the lighter side

Studies show that laughter cuts stress, releases feel-good endorphins and burns calories. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

## Recipe File

### HEALTHY BANGERS AND MASH WITH ONION GRAVY

**Ingredients:** **1 1/2 LBS.** small red potatoes; **8 CUPS** chopped kale (about 1/2 pound); **1 TBSP** plus **1 TSP** canola oil, divided; **1 LB.** cooked chicken sausages, halved lengthwise; **1 LARGE** sweet onion, halved and thinly sliced; **3 TBSP** all-purpose flour; **3 CUPS** reduced-sodium chicken broth; **3 TBSP** coarse-grained mustard, divided; **1 TSP** butter, melted; **1/3 CUP** nonfat buttermilk; ground black pepper, to taste

#### Serves 8

In a large pot over high, bring 4 quarts of lightly salted water to a boil. Add the potatoes and kale, then boil until the greens are tender, about four to five minutes. Use a slotted spoon to transfer the kale to a colander. Rinse under



LARRY CROWE/AP

cool water, then set aside to drain.

Continue cooking the potatoes until very tender when pierced with the tip of a knife, about another 20 minutes. Drain and transfer to a large bowl. Add the kale and set aside.

Meanwhile, in a large nonstick skillet over medium-high, heat 1 teaspoon of the oil. Add the sausages and cook until browned, about two minutes per side. Remove to a plate and set aside.

Return the skillet to medium-high

heat. Add the remaining 1 tablespoon of oil. When hot, add the onion and saute until softened and slightly browned, about five minutes.

Add the flour and cook, stirring constantly, for two minutes. Stir in the broth and bring to a boil. Reduce heat to achieve a steady simmer, then stir in 1 tablespoon of the mustard, and return the sausages to the skillet.

In a small bowl, stir together the remaining 2 tablespoons of mustard, the butter and the buttermilk. Pour the buttermilk mixture over the potatoes and kale, and smash coarsely with a potato masher. Season with black pepper.

Serve the sausages and potato-kale mash topped with the onion gravy. (AP)



**348 calories, 21 g protein, 31 g carbs, 16 g fat, 61 mg cholesterol, 806 mg sodium, 3 g fiber**

## Effect of Diet on Vascular Disease Risk



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# Aches and Pains You Shouldn't Ignore

Don't dismiss every ouch as just a cramp — sometimes it can be more ominous

Symptoms

A headache is usually just a headache, not a brain tumor. But persistent or recurring pain could signal a more serious problem lurking within your body.

Your Jaw Hurts

**Secondary Symptom:** Audible clicking sound when you open and close your mouth

**One Hidden Cause:** Temporoman-

dibular joint disorder (TMJ)  
**Diagnosis:** The key symptom of TMJ is acute jaw pain when you open your mouth.  
**Prevent It:** Instead of clenching your teeth when stress strikes, place your tongue behind your upper front teeth, as if you're going to say "N."

Your Neck and Shoulders Hurt

**Secondary Symptom:** Severe, throbbing headaches

**One Hidden Cause:** Lyme disease

**Diagnosis:** It's easy not to notice a tick, which is why many cases aren't reported until serious symp-



Your neck might not be throbbing just because you've been at work too long.

toms set in. Early indicators include neck stiffness and migraines due to the onset of meningitis.

**Prevent It:** Swallow garlic. According to a study, soldiers who took 1,200-milligram capsules daily repelled ticks significantly better than those who didn't.

Your Calf Hurts

**Secondary Symptom:** Redness and swelling

**One Hidden Cause:** Deep vein thrombosis (DVT)

**Diagnosis:** As many as half a million Americans are diagnosed with DVT annually, but thousands of cases go unreported, especially among younger desk jockeys.

**Prevent It:** Drink water. Keeping hydrated during long sitting spells ensures healthy blood flow and prevents clotting.

Your Foot Hurts

**Secondary Symptom:** Mild pain in the back of your thigh

**One Hidden Cause:** Herniated lumbar disc

**Diagnosis:** Even if your back feels fine, pain in your foot can mean your sciatic nerve, which snakes from your lower back to your foot, is pinched by a herniated disc.

**Prevent It:** Strengthen the abs to boost your ability to maintain good posture. (REPRINTED WITH PERMISSION OF MEN'S HEALTH © RODALE INC.)



SPECIAL ADVERTISING FEATURE

## THE HOME STRETCH

For 12 weeks, six Express readers are competing for \$5,000 and a one-year membership to Gold's Gym in the **Know Your Own Strength Challenge**. The challenger with the most points at the end of 12 weeks wins!

With the end of the Challenge in sight, it's time to check in with the contestants. We will see how their commitments to Gold's Gym's goal-based fitness training have allowed them to know their own strength.

This week, we visit Katie, Bruce and Jessica.



PRIDE OF OWNERSHIP

Every day, Katie notices a difference in how she feels. People tell her how great she looks and how impressed they are with her determination. Personal trainer Elissa says that from the beginning Katie has taken ownership of the Challenge with hard work and will power. Katie couldn't be happier with the results and is not afraid to admit she feels and looks amazing.

**I'VE LEARNED AT GOLD'S GYM CLARENDON:** "... that I am capable of doing anything I set my mind to." - Katie

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ORDER ON THE COURT

Bruce plays basketball every Monday, and the guys have all noticed his weight loss. Meanwhile, he notices they don't bounce off his lighter, stronger frame like they used to. Now Bruce has to use his newfound mobility to dodge elbows and knees. He finds himself getting to spots on the court faster and getting the ball more, but is still working on his scoring. Personal trainer Antonio's suggestion: Practice with the same commitment Bruce gave the Challenge!

**I'VE LEARNED AT GOLD'S GYM MERRIFIELD:** "...that the energy and vibe are great. It keeps you coming back for more." - Bruce

BEFORE AND AFTER

At Gold's Gym Fairfax Station, they put up a "before" poster of Jessica at the start of the Challenge. Today, people at the gym ask in disbelief, "That's you?" Jessica spent four years with the extra weight she is now shedding under personal trainer Michelle's guidance. Before, she thought she might never lose the pounds. It's almost time for the "after" poster, and what had seemed hopeless is already reality.

**I'VE LEARNED AT GOLD'S GYM FAIRFAX STATION:** "... that the people have made me feel like family." - Jessica



NEXT WEEK:

We hear from Tim, Tabatha and Jason.

Membership information at: [www.goldsgym.com](http://www.goldsgym.com).

Visit [www.ExpressNightOut.com/goldsblog](http://www.ExpressNightOut.com/goldsblog) today to cheer for your favorite challenger!

Points are awarded weekly for weight loss and competitive challenges. In the event of no weight loss, or a less than 1% weight gain, contestants receive 0 points. Over 1% weight gain, contestants lose points proportional to their percentage of weight gain.

CHALLENGERS	PREVIOUS WEIGHT	THIS WEEK'S WEIGHT	WEIGHT LOSS OR GAIN	% OF WEIGHT LOSS OR GAIN	TOTAL POINTS
JESSICA	163.0	156.0	-7.0	-4.3%	53
BRUCE	271.4	268.0	-3.4	-1.2%	42
JASON	261.4	260.4	-1.0	-0.3%	31
TIM	246.0	244.0	-2.0	-0.8%	31
KATIE	219.2	215.2	-4.0	-1.8%	30
TABATHA	197.0	197.0	0.0	0.0%	21



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### ANNOUNCEMENTS

Let it be known—Rich Llewellyn sincerely apolo-  
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**1, 2, & 3 bed renovated apt. homes**  
**starting at \$850!**

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**1, 2, & 3 bed renovated apt. homes**  
**starting at \$899!**

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**\$725/month!**

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## RENTALS

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XX172-1d

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\$725/mo+utilities. Secure building, priv pkg, Lrg  
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Delwin Realty 202-561-4675**

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Lease \$700, sec dep \$650. 301-894-5575**

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Car gar, 2912 Memory In Silver Spring, 20904  
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**Hillside Terrace**  
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**1-866-646-7056**

**1BR From \$765**

**Zero Application Fee!  
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- \*Beautiful Apartment Community
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Den, EIK, 2 car attach gar, CAC/heat, new carpet  
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**SW- 4746 South Capitol Terrace SW. 2 Bedroom-  
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- Ask About Free Rent

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- Near DC and Major roads

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- Great location close to Metro

RIVERDALE, MD

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1 BR Pre-Opening Special From \$960  
Plush wall-to-wall carpeting | Individual washer/dryer  
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LARGE 2 & 3 br apts. Available  
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**UTILITIES INCLUDED**

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Rents starting at \$1006\*

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**Silver Spring  
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Spacious 1 Bedroom with hardwood floors,  
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Come See Our  
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Seniors receive 30% rent reduction.

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Lease now and get a free  
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W/W carpet, Central Air/Heat, Dishwasher,  
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A Perfect location on Metro  
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**NO APPLICATION FEE**

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1 BR starting from \$895 - \$995  
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SE

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Must move in by 3/31/2010  
Limited Availability

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PLUSH CHAMPAGNE COLORED CARPET  
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- W/W carpet
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SW

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\* Location \* Location \* Location

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EHO

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Temple Hills, MD 20748

## RENTALS

Temple Hills

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APARTMENTS

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AND A GREAT MOVE-IN  
SPECIAL FOR YOU  
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  - READY FOR IMMEDIATE OCCUPANCY
- HURRY!!! LIMITED TIME**  
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# lookout



**Classy Affair**  
Rielle Hunter gabs about her relationship with John Edwards **39**

## Sound Bets



## Forever Young

When someone complains a music style is dead, it's more a comment on how that person engages with the genre rather than an impartial diagnosis. Said person likely just stopped caring about hearing bands that sound like, say, the Velvet Underground, even though it was once thrill-

ing to listen to groups in that psychedelic-garage-rock lineage. But like the blues or folk, garage rock is eternal, and music doesn't need to be "new" to be "good."



By Christopher Porter

A scene can be recharged simply through an influx of fresh listeners not yet saturated by a particular sound.

So, while there's nothing new about the two young bands playing Quarry House March 23, each breathes enough poisonous snarl into the garage-rock genre that you'll want to huff their fumes in this Silver Spring bar. Norway's Pirate Love, above, is named after the Johnny Thunders jam, and the group evokes the Cramps filtered through Jesus and Mary Chain. England's Thee Vicars are a similarly crunchy quartet that sound like early Who mixed with late-'70s British punk. Because no matter their age—or yours—gutbucket chord changes, smashmouth rhythms and unhinged ferocity just don't get old.

# Highest Form of Mockery

Tiger Woods gets the full 'South Park' treatment in the show's 14th season

## Television

Golf clubs in hands or not, the kids of "South Park" are ready to take on Tiger Woods.

The creators of the Comedy Central cartoon have long since proven that no subject is sacred to them. So, for the opening of its 14th season on Wednesday, the troubled golfer encounters Stan, Kyle, Kenny and Cartman in their animated Colorado town.

**"It's such an important issue in America now — the sex addiction outbreak."**

— MATT STONE, ONE OF THE "SOUTH PARK" CO-CREATORS, COMMENTS ABOUT TIGER WOODS' DEBILITATING CONDITION.

"It's such an important issue in America right now — the sex addiction outbreak," Matt Stone, who makes the series with partner Trey Parker, said on Friday. "We're all really concerned about him and hope he gets better."

Sex addiction, the intersection of powerful men and willing women, late-night phone calls to the police and bad public relations gave them so much fodder they could have made an entire Tiger-centric season, Stone said.

Since the Peabody Award-win-



Eric Cartman stands sheepishly beside Tiger Woods on Wednesday's premiere.

**Stone said he was fascinated and disgusted by Woods' apology, so it's likely that will be worked in.**

ning show's first episode in 1997, Parker and Stone haven't worried about lines between good taste and bad if they can get a laugh. They mocked the Church of Scientology to the point of annoying Tom Cruise, and depicted Jesus Christ defecating on President Bush.

"There's a delicacy in talking about [Woods] that we don't have to worry about," Stone said.

He wouldn't give many details about the episode, in part because he and Parker were still writing it on Friday. Stone said he was fascinated and disgusted by Woods' public apology, so it's likely that will be worked in.

"South Park" is airing its 200th episode next month. "We can't even believe we're still here doing this," he said. DAVID BAUDER (AP)

## Hilarity Laughs at Their Expense

If you want to warm up for the Tiger-licious episode of "South Park" on Wednesday night, perhaps you should revisit some of the other great celebrity mockeries from the minds of Stone and Parker. There's "The Passion of the Jew," which pokes fun at Mel Gibson's anti-Semitism incident. There's the Jennifer Lopez and Ben Affleck satire, "Fat Butt and Pancake Head" — the title speaks for itself. And, of course, there's "Trapped in the Closet," which takes shots at Tom Cruise and his beloved Scientology. (EXPRESS)



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**expressnighout.com** ►► Birchmere-bound singer-songwriter John Hiatt talks about his album, 'The Open Road' ►► Hip-hop duo Kidz in the Hall have no problem getting sensitive in the post-album digital age ►► Trash-rock queens the Runaways are back in movie form and on the 'The Mercury Albums Anthology'

@ Comments? Give Christopher your feedback: [expressnighout.com/soundbets](http://expressnighout.com/soundbets)





top stops

**1 150 Years Later**  
Though period diaries and, oh, let's see, LINCOLN'S SPEECHES, explain and describe the Civil War in exhaustive detail, the Washington County Museum of Fine Arts is filling a different niche. "The Unwritten War" is a collection of Civil War photos and artifacts — representations that require no reading at all. **F.Z. Washington County Museum of Fine Arts, Hagerstown City Parks, Hagerstown, Md.; through Sun., free; 301-739-5727, [wcmfa.org](http://wcmfa.org).**

**2 Family Newspaper**  
It's not what it sounds like. Local artist Rosemary Feit Covey's exhibit, "Peep and Strip Show," is a collection of images presented in peep show boxes and light boxes. The private nature of viewing is what's under examination here. Don't worry — nothing is too explicit. **F.Z. The Art League, 105 N. Union St., Alexandria; through April 5, free; 703-683-1780, [Theartleague.org](http://Theartleague.org).**

**3 Don't Feed the Plants**  
Is it some sort of disturbing commentary on America that one of the most popular musicals of all time is about a giant alien plant that eats people? Nah, never mind, it's just an adaptation of "Faust." But "Faust" with DOO-WOP. "Little Shop of Horrors" will play through late May at Ford's Theatre. But would Lincoln have liked it? **F.Z. Ford's Theatre, 511 10th St. NW; through May 22, \$10-\$55; 202-347-4833, [Fords.org](http://Fords.org). (Metro Center)**



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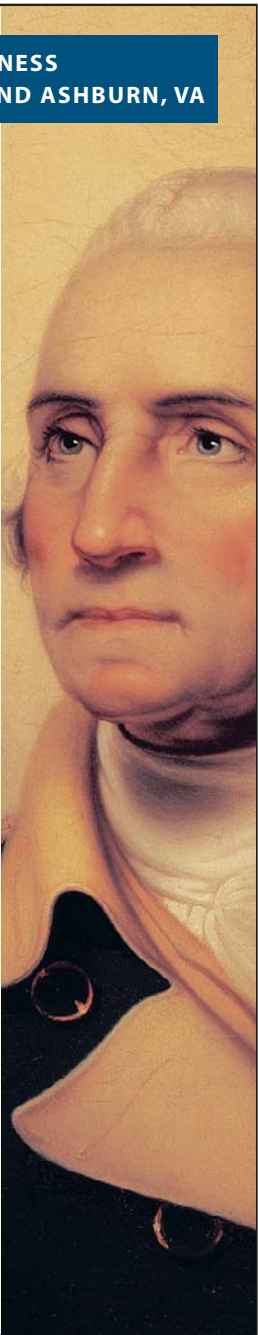
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# entertainment **lookout**

## A Heroic Type

Statesmanlike actor Peter Graves of 'Mission: Impossible' fame dies at age 83

### Obituary

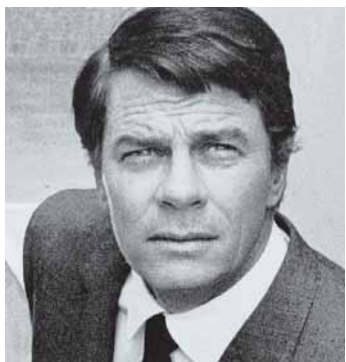
Peter Graves, whose calm and intelligent demeanor was a good fit for the intrigue of "Mission: Impossible" and the satire of the "Airplane!" films, has died.

Graves passed away Sunday just a few days before his 84th birthday outside his home in Los Angeles, publicist Sandy Brokaw said. Graves was returning from brunch with his wife of nearly 60 years and his family when he had what Graves' doctor thought was a heart attack, Brokaw said.

Graves first gained the attention of many baby boomers with the 1950s TV series "Fury" but remained best known for the role of Jim Phelps, leader of a gang of special agents who battled evil conspirators in TV's "Mission: Impossible."

Normally cast as a hero, he turned in an unforgettable performance early in his career as the treacherous Nazi spy in Billy Wilder's 1953 drama "Stalag 17."

He also masterfully lampooned his straight-arrow image when he portrayed bumbling airline pilot Clarence Oveur in the 1980 disas-



Peter Graves was also known for his roll in the 1980 movie spoof "Airplane!"

ter movie spoof "Airplane!"

Graves appeared in dozens of films and a handful of television shows in a career of nearly 60 years.

Graves was often encouraged to go into politics. "He had this statesmanlike quality," Brokaw said. "People were always encouraging him to run for office."

Graves' career began with cheaply made exploitation films like "It Conquered the World," in which he battled a carrot-shaped monster from Venus, and "Beginning of the World," in which he fought a giant grasshopper.

He later took on equally formidable human villains each week on "Mission: Impossible."

Graves married his college sweetheart, Joan Endress, in 1950 and had three daughters and six grandchildren. **ANDREW DALTON (AP)**

### Top Hardcover

**1. House Rules: A Novel** by Jodi Picoult

- 2. The Help** by Kathryn Stockett **3. Fantasy in Death** by J.D. Robb **4. Abraham Lincoln: Vampire Hunter** by Seth Grahame-Smith **5. Big Girl: A Novel** by Danielle Steel **6. Worst Case** by James Patterson and Michael Ledwidge **7. Black Magic Sanction** by Kim Harrison **8. Split Image** by Robert B. Parker **9. The Lost Symbol** by Dan Brown **10. Winter Garden** by Kristin Hannah

SOURCE: PUBLISHERS WEEKLY



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## lookout entertainment

# A Lucky Break

An 'American Idol' shocker saved Katie Stevens — for now

### Television

Last Thursday, Katie Stevens should have played the lottery.

When the final elimination on a gut-churning "American Idol" results show pitted the 17-year-old Middlebury, Conn., native against Littleton, Colo., folkie Lilly Scott, it seemed that Stevens would be sunk.

Scott had a signature sound, a flamboyant look and a strong cache of performances. Stevens had a middling catalogue and three weeks of tepid support from the judges.

An obvious choice, right? Wrong. In a surprise move, the "Idol" voters sent Scott packing.

Although Stevens looked stricken onstage, hopefully, she has realized by now what she must do: Find a niche. Fast.

This criticism last week from judge Kara DioGuardi is typical fare for a Stevens performance: "I think what's going on this year is we have people who really know themselves and people who don't. And I don't think you know who you are yet as an artist, and ... you're stumbling trying to figure it out."



Top 12 contestant Katie Stevens has a tough road ahead on "American Idol."

### expressnightout

Catch up on the season so far and get recaps after each "American Idol" episode at [expressnightout.com/idol](http://expressnightout.com/idol)

Stevens has a good voice. She's young, but she's had an unfortunate tendency toward creaky-sounding songs. And couple her tunes' slowness with her reserved on-camera demeanor, and the result can be a yawner of a performance.

Stevens goes into this week as one of the show's most endangered contestants. To extend her shelf life, she'd need to start evolving a style, choosing songs that fit said style and emoting enough to make her performances seem less funereal. But such a feat might take more than luck. **GREG BARBER (EXPRESS)**

### Film Beat



**Revisit Pandora:** James Cameron and Fox are in discussions about re-releasing "Avatar," primarily in 3-D theaters, in late summer with additional scenes. The impetus for a re-release is that producers could have made more money had they been able to hold onto the digital and Imax 3-D screens lost to "Alice in Wonderland." **(THE HOLLYWOOD REPORTER)**

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# TV tonight **lookout**

## Best Bets

NBC  
8:00

**The Biggest Loser** One team earns a limo ride to a day of luxury and pampering by winning a food trivia challenge, while the other team stays behind and cleans the kitchen and the gym. Chef Curtis Stone helps judge a cook-off in which each team has 30 minutes to prepare an appetizer, entree and dessert using only 12 ingredients.

NBC  
10:00

**Parenthood** Adam and Kristina (Monica Potter, right) are forced to explore their options after their son Max is kicked out of school. Sarah suffers a bad streak as she breaks up with Jim and experiences more car problems. Meanwhile, Crosby and Jabbar spend a fun day together.



CBS  
10:00

**The Good Wife** In a case that plays out in an emergency courtroom set up in a hospital, Alicia and Will battle tough-talking litigator Patti Nyholm (guest star Martha Plimpton) and a monolithic health insurance company that refuses to pay for urgent in-utero surgery. In her off hours, Alicia decides to give Peter a proper welcome home.

HGTV  
11:00



### Marriage Under Construction

This new weekly series follows the lives of newlyweds Natalie and Rodney, left, as they purchase, renovate and decorate their new home. A foreman and a designer will help the couple delve into the process of transforming their house. (TRIBUNE MEDIA)



## Sweet Home Kentucky

JUSTIFIED

FX  
10:00

A newfangled Western-style show appears tonight in the form of "Justified." While technically not a Western, "Justified" stars Timothy Olyphant ("Deadwood") as Raylan Givens, a gun-slinging U.S. marshal who wears a cowboy hat. Born and raised near the coal mines of western Kentucky, Givens is reassigned to his home county after landing in hot water in Miami.

KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

## For the Foodies



## What the Cluck?

A paean to poultry that approaches poetry, the 2000 documentary "Natural History of the Chicken" (9 p.m., PBS) looks at the path from egg to dinner plate in ways that are at times whimsical, profound, eccentric and inspiring. It's a beautiful and thoughtful film. Note: Given PBS' pledge schedule, "Chicken" may not air tonight in all markets, but it is on the national PBS feed. It's well worth looking for. K.M.

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Today's Question

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Yesterday's Results

SHOULD POLICE FORCES SELL SEIZED WEAPONS AS A WAY TO RAISE MONEY?



"Of course they should.

Unless they were stolen, in which case they should go back to the original owner. Criminals don't buy from legitimate sources anyway."

COMMENTER STR

"It would be ludicrous to believe that stopping this practice would prevent crimes such as recent events at the Pentagon. Besides — these local governments need all the additional funding they can get if they are going to continue to waste so efficiently."

COMMENTER GEORGE WASHINGTON

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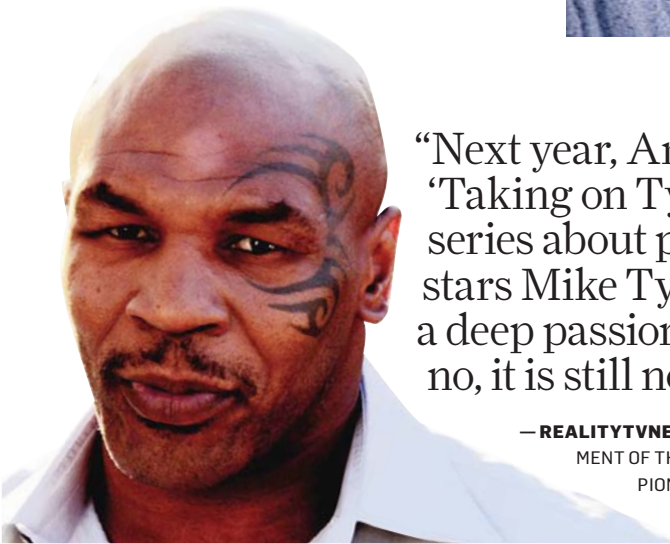
"If I were you, Mr. Sikes, I'd be getting very nervous right now because if for some reason you are lying, then they're going to tack you to the wall."

— RIDELUST.COM THINKS THE MAN WHO SAID HIS RUNAWAY TOYOTA PRIUS ALMOST KILLED HIM WHILE DRIVING ON INTERSTATE 8 IN SAN DIEGO COULD BE IN MAJOR LEGAL TROUBLE IF HIS CLAIM TURNS OUT TO BE FALSE.



"If Elizabeth Edwards doesn't die from the cancer, this should kill her."

— SHOWBIZ411.BLOGS.THR.COM THINKS THE DETAILS RIELLE HUNTER REVEALED IN A RECENT GQ INTERVIEW ABOUT HER RELATIONSHIP WITH EDWARDS' HUSBAND — FORMER NORTH CAROLINA SENATOR JOHN EDWARDS — WILL NOT BE WELL RECEIVED BY HIS ESTRANGED WIFE.



"Next year, Animal Planet will air 'Taking on Tyson,' an unscripted series about pigeon racing that stars Mike Tyson, because he 'has a deep passion for the birds.' And, no, it is still not April 1 yet."

— REALITYTVNET.COM IS SURPRISED BY THE ANNOUNCEMENT OF THE FORMER HEAVYWEIGHT BOXING CHAMPION'S NEW REALITY TELEVISION SHOW.

"IT'S NOTHING MORE than a money grab as part of trying to get CBS or someone else to pay the NCAA more for broadcast rights. And what does this have to do with Duke? Easy: Duke = ratings. Period. Duke is good business for CBS, which means that Duke is good business for the NCAA."

— BERNIE MIKLASZ AT INTERACT.STL-TODAY.COM/BLOGZONE THINKS THE ONLY REASON DUKE GOT A NO. 1 SEED IS TO GARNER HIGHER DOLLARS IN CBS' NEXT BROADCAST RIGHTS DEAL.

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# puzzles lookout

## Horoscope

**PISCES** (Feb. 19-March 20) You may be able to admit to yourself the kinds of things that you've been hiding from only days or weeks ago.

**ARIES** (March 21-April 19) Take care that you aren't distracted by the bells and whistles, and focus squarely on the main driving issues at hand.

**TAURUS** (April 20-May 20) You're likely to have your hands full, thanks to a friend who comes to you with a problem that is more complicated than anyone anticipated.

**GEMINI** (May 21-June 20) Things may be more complex as a result of your involvement that exceeds anything that is usually considered normal.

**CANCER** (June 21-July 22) You and a friend may go round and round, circling a mutual problem without getting anything resolved — just yet.

**LEO** (July 23-Aug. 22) You may actually be feeling guilty about something for which you are only peripherally responsible. Still, apologizing can make things easier.

**VIRGO** (Aug. 23-Sept. 22) A situation evolves that demands more from you in the way of honest introspection. Your image of yourself is sharpened.

**LIBRA** (Sept. 23-Oct. 22) Things are likely to be easier than expected, but you still aren't likely to be afforded the opportunity to ease up at this time.

**SCORPIO** (Oct. 23-Nov. 21) You are not likely to be worried about yourself, but your concern for another is likely to shape much of your current behavior.

**SAGITTARIUS** (Nov. 22-Dec. 21) You may have reason to protect yourself emotionally, but it won't require shutting down completely — particularly around friends.

**CAPRICORN** (Dec. 22-Jan. 19) Your attempts to answer a difficult question are likely to uncover some things that may surprise others but put things in order for you.

**AQUARIUS** (Jan. 20-Feb. 18) Don't overstate your case, or those around you are likely to think that just the opposite is true.

## Scrabble Grams

PAR SCORE 145-155, BEST SCORE 222

A <sub>1</sub>	A <sub>1</sub>	I <sub>1</sub>	G <sub>2</sub>	S <sub>1</sub>	N <sub>1</sub>	B <sub>3</sub>

2nd Letter Double

--

RACK 1

E <sub>1</sub>	E <sub>1</sub>	E <sub>1</sub>	I <sub>1</sub>	R <sub>1</sub>	D <sub>2</sub>	G <sub>2</sub>

--

RACK 2

A <sub>1</sub>	E <sub>1</sub>	Y <sub>4</sub>	T <sub>1</sub>	L <sub>1</sub>	L <sub>1</sub>	P <sub>3</sub>

--

RACK 3

E <sub>1</sub>	I <sub>1</sub>	I <sub>1</sub>	C <sub>3</sub>	K <sub>5</sub>	N <sub>1</sub>	T <sub>1</sub>

Triple Word Score

--

RACK 4

### Yesterday's Solution

E <sub>1</sub>	P <sub>3</sub>	O <sub>1</sub>	C <sub>3</sub>	H <sub>4</sub>	A <sub>1</sub>	L <sub>1</sub>	RACK 1 =	<u>64</u>	
C <sub>3</sub>	H <sub>4</sub>	E <sub>1</sub>	M <sub>3</sub>	I <sub>1</sub>	S <sub>1</sub>	E <sub>1</sub>	RACK 2 =	<u>78</u>	
U <sub>1</sub>	N <sub>1</sub>	S <sub>1</sub>	H <sub>4</sub>	E <sub>1</sub>	L <sub>1</sub>	L <sub>1</sub>	RACK 3 =	<u>60</u>	
T <sub>1</sub>	O <sub>1</sub>	D <sub>2</sub>	D <sub>2</sub>	L <sub>1</sub>	E <sub>1</sub>		RACK 4 =	<u>12</u>	
PAR SCORE 150-160								TOTAL	<u>214</u>

### FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

## Sudoku

DIFFICULT

			8		3			
5			1		7			9
	6			9			3	
4	1						9	3
8		3				4		2
9	5						8	1
	8			1			2	
3			4		6			7
			3		2			

### Yesterday's Solution

9	1	5	7	6	2	8	3	4
3	8	2	4	9	1	6	5	7
7	4	6	3	5	8	2	1	9
6	5	1	8	7	4	9	2	3
4	9	3	5	2	6	1	7	8
8	2	7	9	1	3	4	6	5
5	6	8	2	4	7	3	9	1
1	7	4	6	3	9	5	8	2
2	3	9	1	8	5	7	4	6

**Need more Sudoku?** Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

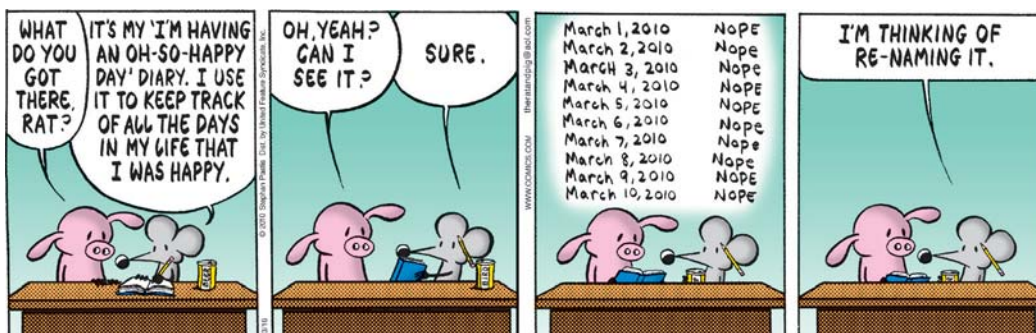
## Comics

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### POOCH CAFE | PAUL GILLIGAN



### PEARLS BEFORE SWINE | STEPHAN PASTIS



## Forecast

**56 | 39**

**Today:** Milder today with clouds yielding to some sun. Partly cloudy tonight.

**60 | 42**

**Tomorrow:** Mostly sunny and pleasant tomorrow. Mainly clear tomorrow night.

### Looking Ahead

<b>THU</b>	<b>FRI</b>	<b>SAT</b>
<b>65   44</b>	<b>65   45</b>	<b>67   47</b>

### Sun and Moon

Sunrise today: 7:18 a.m.  
Sunset today: 7:16 p.m.  
Moonrise today: 7:17 a.m.  
Moonset today: 8:23 p.m.

### Almanac

Normal high: 55  
Record high: 81  
Normal low: 37  
Record low: 15

FORECAST BY ACCUWEATHER.COM ©2009



lookout puzzles

Crossword

NATURAL HISTORY

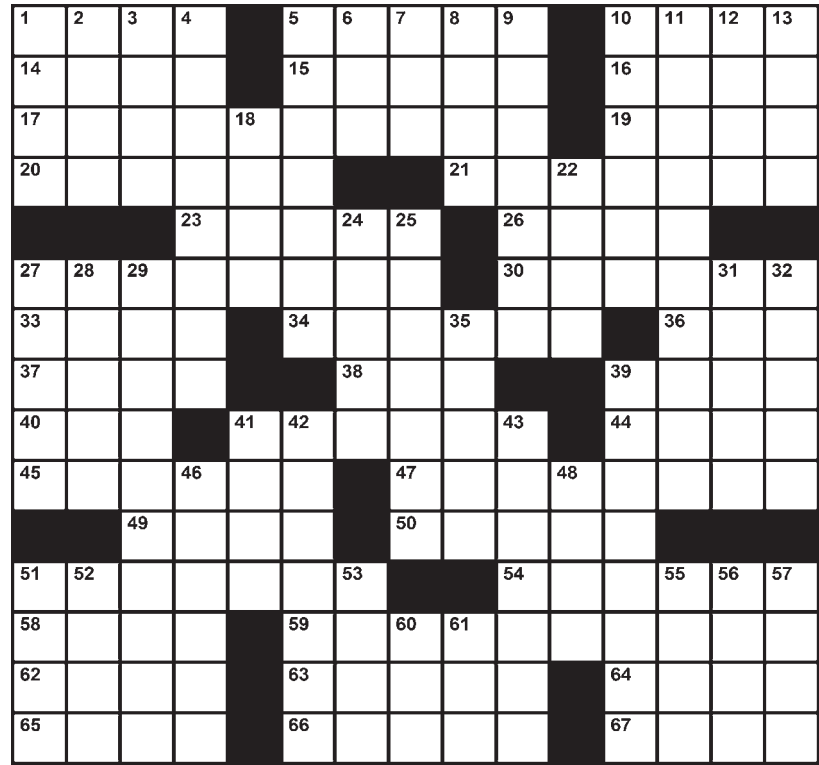
ACROSS

- 1 Work at a fashion shoot
- 5 Hope chest material
- 10 Baby newts
- 14 Acme
- 15 Be grandiloquent
- 16 Edible paste
- 17 Juicy picnic treat
- 19 Country on the Persian Gulf
- 20 Altruistic one
- 21 Wall Street news items
- 23 Knock it off
- 26 Ending for "hard" or "soft"
- 27 Arab chief's realm
- 30 Zoroastrian sacred writings
- 33 Snapple assortment
- 34 Maroon, like Crusoe
- 36 Engine wheel
- 37 Far from plentiful
- 38 Volkswagen model
- 39 Word with "primary" or "intensive"
- 40 Maximum degree (Abbr.)
- 41 Speed demon's cry
- 44 Be the first band to play
- 45 "All I got was this lousy"

- 47 Uniformity
- 49 Not worth discussing
- 50 Hindu gods
- 51 Kitchen absorbers
- 54 Sleep-inducing drug
- 58 Jeans maker Strauss
- 59 Basker's buy
- 62 Between islands
- 63 Dog's reward
- 64 It may cover a wet diamond
- 65 Bald, as tires
- 66 Barely flows
- 67 Quick-footed

DOWN

- 1 Bear feet
- 2 Big and bright fish
- 3 Words with "high standard"
- 4 Crunch abs, e.g.



EDITED BY TIMOTHY E. PARKER

- 5 Communist Party member
- 6 Afore's poetic cousin
- 7 Lentil dish on an Indian menu
- 8 Tiny bit to split
- 9 Urban modernization
- 10 Asylum seeker, perhaps
- 11 Apartment building safety feature
- 12 Russian ruler of old
- 13 Your brothers, to your father
- 18 Really need a shower
- 22 Dance party with techno
- 24 Singles and jingles
- 25 Gave off
- 27 \_\_\_ one's stuff (show

- off)
- 28 "Time \_\_\_ all wounds"
- 29 Bulldozer
- 31 Shipping-weight deductions
- 32 Service finishes
- 35 Utensil for sifting flour
- 39 Is comprised (of)
- 41 Wannabe prince of fairy tales
- 42 Bears witness
- 43 Throws off oppression
- 46 Sea off Greece
- 48 Big wine valley
- 51 Deli side dish
- 52 Mexican coin
- 53 Doubt-free
- 55 Quickly, quickly

- 56 Yukon or Guam (abbr.)
- 57 See in a crowd
- 60 Maiden-name intro
- 61 Word with "generation" or "gender"

Yesterday's Solution



Today in History

- 1802** Congress authorizes the establishment of the U.S. Military Academy at West Point, N.Y.
- 1850** Nathaniel Hawthorne's novel "The Scarlet Letter" is published in the United States.
- 1968** During the Vietnam War, the My Lai massacre is carried out by U.S. troops under the command of Lt. William L. Calley Jr.

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**MOURNERS****Corey Haim's Funeral Even More Depressing**

Corey Feldman will not attend Corey Haim's Toronto funeral, Usmagazine.com reported. "The family has decided to make Corey's funeral on Tuesday a small private affair," he said. "I will remain in Los Angeles quietly mourning and planning his memorial." In other Haim news, Toronto denied reports that it is paying for the funeral. (EXPRESS)

**SNORE****Another Boring Amicable Divorce**

Kate Winslet has split from her film director husband, Sam Mendes. The 34-year-old actress separated from Mendes at an unspecified point earlier this year, Shillings law firm said Monday. It wasn't clear whether divorce proceedings have begun. The pair have been married since 2003 and have two children. The split was "entirely amicable and is by mutual agreement," the law firm said in a statement. (AP)

**SECURITY****NSA Now Recruiting Experts in Self-Googling**

Spencer Pratt has quit "The Hills" for the season and is going to work in the cyber security division of American Defense Enterprises. "My new mission is this: To do my part in maintaining the technological superiority of the U.S. military and prevent emerging technologies from threatening our nation's security," he told People.com. Pratt is studying software engineering and encryption at the University of Southern California. (EXPRESS)



MARK SELIGER/GQ

**TASTEFUL****Who Needs Pants?**

In a GQ interview released Monday, Rielle Hunter says John Edwards still loves her and that his home was already wrecked when their affair began in 2006. "We love each other very much," she said. "And that hasn't changed, and I believe that will be till death do us part. The love doesn't go away. It's unconditional." Despite rumors, Hunter said Edwards has not proposed to her. On Monday morning, Barbara Walters said on "The View" that she'd talked to Hunter, who "cried for two hours" upon seeing the GQ story's "repulsive" photos. (EXPRESS)



**"I think a lot of people get pregnant and decide they can turn into garbage disposals."**

— GISELE BÜNDCHEN AIRS HER OPINION ABOUT WHY WOMEN GAIN WEIGHT WHEN WITH CHILD.

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